



## Senior Lunch Menu—January 2020

**Time:** 11:30am - 12:30pm, Mondays through Thursdays. Any unclaimed meals will be given away to our waiting patrons, so please arrive by 12pm.

**Eligibility:** One free meal a week for age 60 and over, City of Austin residents. A \$5 fee for lunch applies for those not eligible.

**Reserve your meal:** Call or e-mail us at (512) 974-1700, 7 days in advance during business hours. \*Vegetarian meals available by request. Wednesdays are vegetarian meals only. We have limited lunch.

		<b>Wednesday, January 1</b> <u>Closed for City Holiday</u>	<b>Thursday, January 2</b> No meals
<b>Monday, January 6</b> Mapa tofu with spicy ground pork, mixed vegetables, tofu	<b>Tuesday, January 7</b> Mapa tofu with spicy ground pork, mixed vegetables, tofu	<b>Wednesday, January 8</b> Dhokla (2) + Roti (1), Bhindi masala, green moong dal, peas pulav, fresh fruit	<b>Thursday, January 9</b> Mapa tofu with spicy ground pork, mixed vegetables, tofu
<b>Monday, January 13</b> Chicken teriyaki, mixed vegetables, tofu	<b>Tuesday, January 14</b> Chicken teriyaki, mixed vegetables, tofu	<b>Wednesday, January 15</b> Vegetable paneer jalfrazi, dal makhni, jeera rice, roti (2), fresh fruit	<b>Thursday, January 16</b> Chicken teriyaki, mixed vegetables, tofu
<b>Monday, January 20</b> <u>Closed for City Holiday</u>	<b>Tuesday, January 21</b> Steamed Fish with curry, mixed vegetables, tofu	<b>Wednesday, January 22</b> Samosa (2), Chhole masala, vegetable pulav rice, raita, fresh fruit	<b>Thursday, January 23</b> Steamed Fish with curry, mixed vegetables, tofu
<b>Monday, January 27</b> Steamed chicken and sweet rice, mixed vegetables, tofu	<b>Tuesday, January 28</b> Steamed chicken and sweet rice, mixed vegetables, tofu	<b>Wednesday, January 29</b> Cabbage masala, mix dal, brown rice, roti (2), fresh fruit	<b>Thursday, January 30</b> Steamed chicken and sweet rice, mixed vegetables, tofu

## Schedule of Senior Activities— January 2020

**9:30am to 11:30am:** Join us for free tea and coffee

**9am to 2pm:** Recreation Social—Come play games such as table tennis, Go (weiqi), chess, checkers, mahjong, mancala, Go. Stop!, Hanafuda, Sudoku, Caroom, brain games, computer basics and help, ESL for Chinese Speakers, and variety of other monthly events

		<b>Wednesday, January 1</b> <u>Closed for City Holiday</u>	<b>Thursday, January 2</b> Senior Coffee & Tea Game Room and Table Tennis
<b>Monday, January 6</b> 10:30-11:30am Tai Chi 12:30-1:15pm ESL in Mandarin, w/Susan & Leo	<b>Tuesday, January 7</b> 10:30am-11:30am Line-Dance w/ Martina Yee (Ballroom) 12:15-1:45pm Seniors' Computer Class w/AustinFree.net	<b>Wednesday, January 8</b> 10:30-11:30am Yoga (Ballroom) 12:00-1:30pm Austin Public Health 6 Series Workshop (Ballroom)	<b>Thursday, January 9</b> 10:15am-11:45pm Tai Chi with Vince Cobalis
<b>Monday, January 13</b> 10:30-11:30am Tai Chi 12:30-1:15pm ESL in Mandarin, w/Susan & Leo	<b>Tuesday, January 14</b> 10:30am-11:30am Line-Dance w/ Martina Yee (Ballroom) 12:15-1:45pm Seniors' Computer Class w/AustinFree.net	<b>Wednesday, January 15</b> 10:30-11:30am Yoga (Ballroom) 12:00-1:30pm Austin Public Health 6 Series Workshop (Ballroom)	<b>Thursday, January 16</b> 10am-1pm Bringing Seniors Together Health Expo 2020
<b>Monday, January 20</b> <u>Closed for City Holiday</u>	<b>Tuesday, January 21</b> 10:00am-11:00am Tea Ceremony with Shu-Chin 12:15-1:45pm Seniors' Computer Class w/AustinFree.net	<b>Wednesday, January 22</b> 10:30-11:30am Yoga (Ballroom) 12:00-1:30pm Austin Public Health 6 Series Workshop (Ballroom)	<b>Thursday, January 23</b> 10:15am-11:45pm Tai Chi with Vince Cobalis 12:30-1:30pm Tea Ceremony with Shu -Chin
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## Senior Transportation Schedule— January 2020

Limited transportation available for seniors eligible and registered for Senior Lunch Social **once a week**. Please refer to our Senior Lunch & Transport Guidelines or call 512-974-1700 for more information. Transportation participants must still follow guidelines for registering for Senior Lunch Social.

### Route Schedule:

- Stops with less than 3 people for pickup are subject to cancellation.
- Route schedule may be subject to change due to demand and need.

### Pick-Up & Drop-off:

- Pick-up time and reminders will be sent to participants 1-2 days prior by e-mail. Please call the AARC for pick-up time if you do not have e-mail access.

- Participants should bring their Parks & Recreation ID passes that list their stop to ride in AARC van. New passes are made upon registration and first visit to AARC.
- The AARC can only pick-up and drop-off at the same location.

### Changing Pick-Up/Drop-Off Locations:

- Participants must notify AARC staff **7 days in advance** if they would like to change stops.
- Stop changes are limited to accessibility accommodations or changes of

		<b>Wednesday, January 1</b> <b>Closed for City Holiday</b>	<b>Thursday, January 2</b> No Transportation
<b>Monday, January 6</b> Rustic Rock: 9:30 AM Far West: 10:10 AM Balcones Club: 10:30 AM	<b>Tuesday, January 7</b> Mountain View Park: 9:30AM Yaupon: 10:15 AM Dianella: 10:20 AM	<b>Wednesday, January 8</b> 4 Points H-E-B: 9:30 AM Buddhist Temple: 9:45AM	<b>Thursday, January 9</b> Canyon Creek: 9:30 AM Hunter's Chase: 10:30 AM Mellow Meadow: 10:40 AM
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The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3916 or Relay Texas 7-1-1.